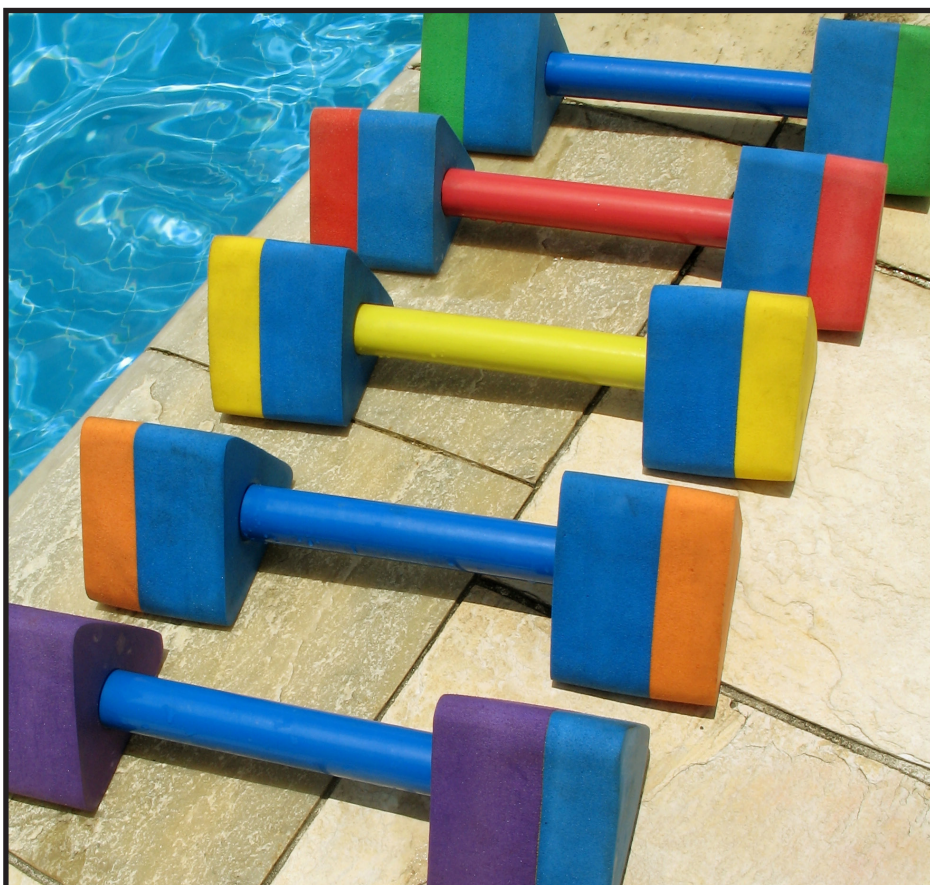


Aqua Fitness Classes

at the Rockville Swim and Fitness Center



Aqua Blast

(Early-morning, deep water exercise class)

Aqua Boot Camp

(Exercise in deep water)

Aqua Fitness

(Exercise in chest-deep water to music)

Aqua Power 3/4 Hour

(Shallow water class with high-intensity intervals)

Aqua Sculpt

(Use the whole pool for a total body workout)

Aqua Zumba

(High-energy, low-impact class using Latin dance music)

Deep Water Running and Conditioning

(Emphasizes cardio strength, endurance, flexibility and more)

Deep Water Workout

(Strengthen your core muscles and get an excellent workout)

H2O Walking

(Walk in waist-to-chest deep water at different steps and speeds)

Dates, times, cost and course numbers are on pages 63-64 of the Winter Recreation Guide. Register today!
Learn more at www.rockvillemd.gov/recreation/guide or call 240-314-8750.



City of
Rockville
Get Into It

www.rockvillemd.gov • 240-314-8750